

Patent claims:

1. A method for supporting dietary habits, characterized in that:
 - a) a specification of nutrition products together with the given content of the chosen food components for each of the nutrition products is created;
 - b) a recommended consumption of the chosen food components is established by the user in the established period of time;
 - c) a specific list of nutrition products is created;
 - d) the information concerning the nutrition products consumed by the user is introduced;
 - e) the content of the chosen food components in the consumed nutrition products is established on the basis of the data from previously prepared specifications (point a) to d));
 - f) the quantity of food components in the consumed nutrition products supplied to the human organism is compared to the recommended consumption of each of the food components in the given period of time and the remaining requirements for the chosen food components are fixed for the exact time in accordance to the quantity of the appropriate food components deducted from the established requirement of the chosen food components;
 - g) a list of the recommended nutrition products is presented taking into consideration the specific list of nutrition products and the remaining requirements of the chosen food components.
2. The method according to the claim 1, characterized in that a specific list of nutrition products is created by introducing the information concerning the kind and quantity of the nutrition product.
3. The method according to the claim 1, characterized in that the information concerning the kind and quantity of the nutrition product is introduced by the user.
4. The method according to the claim 1, characterized in that a specific list of nutrition products is created by introducing a set of dishes offered in a restaurant or a canteen.
5. The method according to the claim 1, characterized in that the set of offered dishes in restaurants or canteens is introduced by means of a computer network.

6. The method according to the claim 1, characterized in that the information concerning the nutrition products consumed by the user is introduced by the user.
7. The method according to the claim 1, characterized in that the list of the recommended nutrition products is presented in an ordered way depending on the degree in which they enable to complete the remaining requirements of the food components.
8. The method according to the claim 7, characterized in that the list of the recommended nutrition products is presented taking into consideration the history of consumption during a fixed period of time.
9. The method according to the claims 1-8, characterized in that the list of the recommended nutrition products is presented taking into consideration information concerning the glycemic index (GI) of the particular nutrition products.
10. The system for supporting dietary habits, characterized in that it contains:
 - a storage element for storing the information concerning the content of the specific food components in the nutrition products, information about the consumption of the chosen food components in a fixed period of time recommended for the user, information about the specific nutrition products, information about the consumed nutrition products and information concerning the user and the consumption of the chosen food components in a given period of time recommended for the user;
 - a loading element for introducing the data concerning the kind and quantity of the consumed nutrition products and the data concerning the user and the consumption of the chosen food components in a given period of time recommended for the user;
 - an analytical element for calculating and establishing the remaining requirements for the chosen food components on a fixed period of time after taking into consideration the consumed nutrition products;
 - a presentation element for displaying the list of the recommended nutrition products.
11. The system according to claim 10, characterized in that the storage element is organized in the form of an electronic database.
12. The system according to claim 10, characterized in that the loading element has the form of a keyboard.
13. The system according to claim 10 characterized in that the presentation element has the form of a display.

14. The system according to claim 10, characterized in that the system has the form of a portable device containing a display and buttons.
15. The computer program for supporting dietary habits, characterised in that consists of the following programming code modules recorded on a data carrier readable by means of a computer:
 - a storage module for storing information concerning the contents of the specific food components in nutrition products, information about consumption of chosen food components in an established period of time recommended for the user, the information about specific nutrition products, information about the consumed nutrition products and information concerning the user and consumption of the chosen food components in a given period of time recommended for the user;
 - a loading module for introducing the data concerning the kind and quantity of the consumed nutrition products and data concerning the user and the consumption of the chosen food components in the established period of time recommenced for the user;
 - an analytical module for calculating and establishing the remaining requirements for the chosen food components for the specific period of time after taking into consideration the consumed nutrition products;
 - a presentation module for displaying the list of the recommended nutrition products.
16. The computer program for supporting dietary habits, characterised in that it serves to implement the method according to one of the claims 1-9.